



**KANSAS RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT**  
**TERRIN HOWARD**

**SUCCESSFULLY SET THE**  
**-105 KG SUB JUNIOR BENCH PRESS SINGLE LIFT**  
**RECORD OF**  
**150 KG**

**2023 OTTAWA IRON WARS**  
**10/07/2023**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

